

2005 American Red Cross Regional Lifeguard Competition (54 teams)

State Qualifiers:

2nd Place CRC Dempsey Team Pink 3rd Place CRC North Fairmount Pool 4th Place CRC Krueck Pool 7th Place CRC Madisonville Pool 9th Place CRC Evanston Pool 10th Place CRC Avon Pool

2004 American Red Cross State of Ohio Lifeguard Competition
10th Place CRC Krueck Pool

2003 American Red Cross State of Ohio Lifeguard Competition
4th Place CRC Madisonville Pool

2002 American Red Cross State of Ohio Lifeguard Competition
10th Place CRC Krueck Pool

2001 American Red Cross State of Ohio Lifeguard Competition
10th Place CRC Krueck Pool





Cincinnati Recreation Commission

Aquatic Division Program Brochure 2006



KIDS LOOK UP TO YOU

EARN MONEY

Be Fit, Swim Learn to be a Leader

GAIN RESPECT

Job Advancement

Make new friends-memories last a lifetime Summer Job Security

Work Outside

Increase Communication Skills Learn Lifesaving Skills



EARN MONEY Learn to be a Leader

Increase Communication Skills Work Outside

Be in Charge Summer Job Security Be Fit, Swim

GAIN RESPECT Connect with the Community

Team Building Learn to be a Leader

Learn Lifesaving Skills Be in Charge Role Model

Increase Communication Skills Belit, Swim

Discover the Benefits...



AQUATIC DIVISION PROGRAM BROCHURE 2006

Cincinnati Recreation Commission Vision:

The Cincinnati Recreation Commission will excel in the delivery of recreational services to the people of Cincinnati.

Aquatic Division Mission:

The Cincinnati Recreation Commission Aquatic Division will provide fun, safe, quality aquatic related programming and recreational activities for the residents and visitors of Cincinnati. CRC's 40 pools throughout Cincinnati will provide customer friendly environments with affordable and diverse activities which meet the needs of the community's citizens.

History / Information:

We are currently completing an evaluation and plan for all of our 40 pools. Take our survey at one of our pools.

- CRC dedicated it's newest pool in July 2004 Winton Place zero-depth entry, shallow-water pool.
- CRC's Otto Armleder Aquatic Complex at Hanna playground, with zero-depth entry and a slide opened in 2003.
- The average age of CRC pools is 36 years.
- CRC received the National Recreation and Park Association's Excellence In Aquatics Award in 1997.
- Each season we hire 350 staff that help us "Work the Water Better."
- CRC lifeguards as a group average 168 preventative rescues a season.
- Our annual city-wide swim meet hosts over 600 swimmers.

(513) 357-POOL (7665) www.cincyrec.org

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*All schedules are subject to change.

Cincinnati Recreation Commission 2006 Pool Membership Rates

Enjoy programs at all CRC pools for the entire calendar year with your city-wide pool token membership. Pool tokens can be conveniently purchased at CRC shallow and deep water pool sites. Regardless of the point of purchase, all pool tokens are valid for admittance to all CRC pools until 12/31/06. Pool memberships are required for all patrons entering the facility, including infants and adults who are supervising children. Memberships are required even if you are visiting for one day. CRC pools have 2 membership levels, red pools and blue pools.

Cool off; beat the heat at CRC's 2 FREE aquatic facilities. Both Concourse Fountain on the Riverfront and Dver Sprayground are available at no charge and will not sell pool tokens.

Replacement Token Fee at all pools

Red Pools

For just \$5.00 for the year, city-wide pool tokens for all ages are available at the following 28 pools:

Deep Water Pools

1. Avon 2. Bond Hill

3. Bush 4. Camp Washington

5. Dempsey

6. Evanston 7. Filson

8. Krueck Indoor (year round) 9. Lincoln

10. Madisonville

11. McKie

12. Millvale

13. Mt. Auburn Warm Water Indoor (year round)

14. North Fairmount

15. Over The Rhine Indoor (year round)

16. Oyler

17. South Fairmount 18. Washington Park 19. Winton Hills

20. Ziealer

Shallow Water Pools

1. Bold Face 5. Inwood 2. Caldwell 6. LeBlond 3. Fairview

7. Otto Armleder Aquatic Complex

8. Winton Place

6. Rvan

Blue Pools

For just \$10.00 for the year, city-wide pool tokens for all ages are available at the following 10 pools:

Deep Water Pools

1. Dickman 5. Pleasant Ridge 2. Hartwell

3. Mt. Washington 7. West High Indoor (summer only)

4. Oakley

4. Hoffman

Shallow Water Pools

3. Oskamp 1. College Hill

2. Mt. Adams

Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality, sexual orientation or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

Cincinnati Recreation Commission **Aguatic Division Group Policy**

Enjoy outdoor fun at the pool with your group of children or adults at the Cincinnati Recreation Commission's 40 pools. In addition to our CRC day camp groups, numerous child care providers and church groups use our pools to beat the summer heat. Groups have two options:

- 1) Schedule times at a pool during open swim hours. Up to 1/2 of our pool capacity may be reserved for groups. Pools do sometimes reach capacity. There are no guarantees. Admittance is on a first-come, first-serve basis. Some pools are busier than others, so if you are driving to a site contact us for suggestions.
- 2) Guarantee a private swim time for your group by renting the pool. (see Facility Rentals section) We suggest this option for large groups. Pool rentals are also ideal for birthday parties, pool side dances, community picnics or family reunions.

Our city—wide pool membership token makes it convenient to try out different pools. Pool tokens are valid at all pools for the entire year. Adults supervising children must have pool memberships.

Registration:

To avoid lines at pool gates, groups may pick up pool membership registration cards in advance. Each participant. including leaders, must have a completed, signed card in order to purchase a pool token. Cards for youth, ages 17 and under require a parent or quardian signature. Pool tokens may not be used by more than one person.

Payment:

Checks made payable to the Cincinnati Recreation Commission may be taken along with your group's registration cards to the pool you will be using. The gate monitor on site will issue pool tokens.

Pool Visits:

If your group will be visiting a pool other than the one where you purchased your pool tokens, simply bring a copy of your group roster to the other pool. Rosters need to include the following: token number, original purchase site, child's name, address, phone number, emergency contact name and phone number, medical conditions, date of birth.

Each person must show their pool token for admittance each time they visit any CRC pool.

Realize each pool has a capacity. To try to avoid being turned away, call the pool and speak with the manager at least one day in advance to prearrange time for your group. Groups are scheduled on a first come, first serve basis. The exception to this is the Concourse Fountain shallow water pool on the Riverfront and Dyer Sprayground, which are free. Groups attend Concourse Fountain and Dyer Sprayground daily, on a first come, first serve basis and times are not reserved.

All group participants are to follow the Cincinnati Recreation Commission's Pool Rules and Policies while enjoying CRC pools. Please review CRC pool rules with your group before visiting the pool. CRC lifeguards are not babysitters: group leaders are expected to actively supervise their

participants while visiting the pool.

Thank you for your cooperation. See the pool rules section.

Facility Rentals:

For private group rentals, contact the pool manager at the pool. Birthday Party / Celebration Party Rentals are available. Pools are rented for a 3 hour minimum at the following rates:

Outdoor Shallow Water Pool \$45.00 / hour Outdoor Deep Water Pool and Otto Armleder Shallow Pool \$80.00 / hour Indoor Deep Water Pool \$45.00 / hour

- * Rental period to include 1/2 hour set-up and 1/2 hour clean-up in rental period.
- * Additional staff costs are as needed based on group size.

Swim Lessons:

You can't beat this deal. CRC is offering two three week sessions of swim lessons for \$10.00 or for \$30.00 per child/per session. Each session consists of 10 -12 scheduled one-half hour group classes, 4 days a week. Help your children learn a lifetime fitness skill. Sessions run June 19 through July 6 and July 10 through July 27. Schedules may vary at some pools. Register at the pool of your choice.

Free Lunch:

The Cincinnati Public Schools will be operating a free lunch program at many CRC Pools and community centers. Those 18 and under can take advantage of this program by checking in 15 minutes before lunch is served. Children will be cleared from the water during lunch programs. Groups may choose to continue swimming if not eating free lunch.

Pool Listings/Opening & Closing Dates

	ADDRESS	ZIP	PHONE	NEIGHBORHOOD	OPENING DAIE	CLOSING DAIR
	870 Blair Avenue	45229	261-0720	Avondale	90/00/9	0/07/00
	3070 Kiver Road	45204	921-1043	Sedamsville Bood Hill	9/03/06	8/04/06
	1620 Tarmoun Avenue	4525/	764 5005	Molarit Hilla	9/0//08	0/04/06
	316 North Bend Road	45216	821-4473	Carthage	6/08/06	8/3/06
	1201 Stock Street	45225	681-1241	Camp Washington	90/90/9	8/01/06
	5660 Belmont Avenue	45224	541-4504	College Hill	90/80/9	8/03/06
wading ftn.	601 East Mehring Way	45202	352-3675	Downtown	90/60/9	8/20/06
	956 Purcell Avenue	45205	921-6338	Price Hill	90/90/9	90/20/8
	6720 Home City Avenue	45233	941-6270	Sayler Park	90/90/9	8/01/06
sprayground	2110 Freeman Ave.	45214	241-1192	West End	90/20/9	7/29/06
	3558 Evanston Avenue	45207	631-6929	Evanston	90/90/9	8/04/06
	2219 Ravine Street	45219	421-4576	Clifton Heights	90/60/9	8/04/06
	461 Ringgold Street	45210	721-1209	Mt. Auburn	90/20/9	7/31/06
	8275 Vine Street	45216	821-2153	Hartwell	9/02/09	90/2/08
	3059 Woodburn Avenue	45206	281-3360	Evanston / Walnut Hills	90/20/9	8/02/06
	2322 Vine Street	45219	241-5412	Mt Auburn / Clifton	6/10/06	90/20/8
	270 W. McMillan Avenue	45219	861-2333	Clifton Heights	6/12/06	8/04/06
	2335 Eastern Avenue	45202	281-3717	East End	7/17/06	8/18/06
deep (50 meter)	1027 Linn St.	45203	621-6783	West End	90/20/9	90/20/8
	5312 Stewart Avenue	45227	271-3301	Madisonville	90/20/9	90/60/8
	1655 Chase Avenue	45223	681-7669	Northside	90/90/9	90/80/8
	3303 Beekman Street	45225	541-1707	Millvale	90/90/9	8/01/06
	966 Mt. Adams Circle	45202	421-5073	Mt. Adams	90/90/9	90/80/8
	270 Southern Avenue	45219	381-6780	Mt. Auburn	6/19/06	8/04/06
	1715 Beacon Street	45230	232-5621	Mt. Washington	90/90/9	90/80/8
	1702 Denham Street	45225	921-5666	North Fairmount	90/20/9	8/04/06
	3900 Paxton Road	45209	631-4264	Oakley	90/20/9	90/20/8
	5652 Glenway Avenue	45238	922-1843	Western Hills	90/80/9	8/03/06
	226 Stark Street	45210	721-7521	Over The Rhine	90/20/9	8/07/06
	1715 Republic Street	45210	381-8666	Over The Rhine	90/20/9	8/02/06
	2125 Staebler Street	45204	251-0475	Lower Price Hill	90/60/9	8/04/06
	5915 Ridge Avenue	45213	531-1707	Pleasant Ridge	9/02/09	90/20/8
	3324 Meyer Place	45211	661-3128	Westwood	90/20/9	8/01/06
	1685 Queen City Avenue	45214	921-6262	South Fairmount	90/60/9	8/04/06
	1315 Race Street	45210	721-5150	Over The Rhine	90/20/9	8/02/06
	2144 Ferguson Road	45238	363-8830	Western Hills	90/90/9	7/28/06
	5170 Winneste Avenue	45232	641-3688	Winton Hills	90/20/9	7/31/06
	634 Hand Avenue	45232	542-2768	Winton Place	90/90/9	90/80/8
	1211 Cycomoro Ayonio	04074	0100	i		

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Swim Team Offered	×		×	×		×			×	×		×		×	×			×		×	×	×	×			×	×	×			×	×	×	×	×	×	×	×		×	56
Swim Lessons Offered	×	×	×	×	×	×	×		×	×		×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	38
Open Swim	×	×	×	×	×	×	×	×	×	×		×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	39
Kroger Family Fun Pool Days	×		×	×		×			×			×		×	×	×				×	×	×	×				×	×		×	×	×	×		×	×		×		×	23
Kayak Skills Class																						×									×										2
Guard Start	×		×	×		×			×	×		×		×	×			×		×	×	×	×			×	×	×			×	×	×	×	×	×	×	×		×	26
Free Lunch pool /ctr	×		×	×		×			×	×	×	×	×	×	×					×	×	×	×	×		×	×	×	×	×	×	×	×	×	×	×		×	×	×	30
Fitness Lap Swim				×											×			×		X 50 meter		×				×		×			×		×	×							10
Discover Scuba				×						×											×	×						×						×	×						7
Aquacize			×	×						×								×			×			×		×					×		×	×							10
Adapted Aquatic Program(s)							×	_			pur										×				arm					new 2003)				×					new 2004)		က
Туре	deep	shallow	deeb	deeb	shallow	deeb	shallow	wading ftn	deep	deeb	spraygroun	deeb	shallow	deep	deep	shallow	shallow	indoor	shallow	deep	deep	deeb	deeb	shallow	indoor wan	deeb	deep	deep	shallow	shallow (new	indoor	deep	deep	deep	deep	deep	indoor	deeb	shallow (ne	deeb	
Phone	281-6720	921-7043	242-6897	751-5085	821-4473	681-1241	541-4504	352-3675	921-6338	941-6270		631-6929	421-4576	721-1209	821-2153	281-3360	241-5412	861-2333	281-3717	621-6783	271-3301	681-7669	541-1707	421-5073	381-6780	232-5621	921-5666	631-4264	922-1843	721-7521	381-8666	251-0475	531-1707	661-3128	921-6262	721-5150	363-8830	641-3688	542-2768	621-3650	
POOL	Avon	Bold Face	Bond Hill	Bush	Caldwell	Camp Washington	College Hill	Concourse Ftn	Dempsey	Dickman	Dyer Sprayground	Evanston	Fairview	Filson	Hartwell	Hoffman	Inwood	Krueck	LeBlond	Lincoln	Madisonville	McKie	Millvale	Mt. Adams	Mt Auburn	Mt. Washington	North Fairmount	Oakley	Oskamp	Otto Armleder	Over The Rhine	Oyler	Pleasant Ridge	Ryan	South Fairmount	Washington Park	West High	Winton Hills	Winton Place	Ziegler	Totals:

Year-Round Pools

CRC is proud of it's 3 indoor year round pools, all offering a wide variety of programs to fit your aquatic needs. Increase your energy, combat the winter blues and get into shape for summer – swim inexpensively all year.

Krueck Pool, 270 W. McMillan Avenue, attached to Hughes High School in Clifton, offers Aquacize, Stingrays US Swimming City-wide Swim Team, Fitness/Lap Swimming, Learn to Swim Lessons and Open Swim. Krueck pool is our main aquatic staff training facility. Cincinnati Recreation aquatic staff teach 10-12 American Red Cross Lifeguard Training Courses each year, as well as free evening swim stroke clinics to prepare those 14 and older for the Lifeguard Training courses. American Red Cross Water Safety Instructor and Lifeguarding Instructor Courses are offered each year. Krueck Pool is also available for rentals to individuals and groups.

Krueck pool is \$5.00 for all ages for the year. Program fees vary. Call the CRC Aquatic Division Office #357-POOL(7665) or Krueck Pool #861-2333 for details.

Mt. Auburn Pool, 270 Southern Avenue, located in Mt. Auburn, is a warm water pool, average temperature 89 degrees F, perfect for anyone looking for a warmer pool. Mt. Auburn's trained staff offers adapted aquatic swim programs and the pool is handicap accessible. Mt. Auburn is also available for rentals by Occupational Therapists, Physical Therapists and for one on one therapeutic water work. During the weekdays school groups, and Senior groups have classes. You don't have to need an accessible facility to take advantage of a comfortable water environment. Learn to Swim lessons are also available for adults and children. The warm water environment is a perfect place to orient your little one, age 6 months to 5 years to the water in our American Red Cross Parent and Child Program. Conquer your fear of water; sign up for individual or group swim lessons in a comfortable warm water environment.

Mt. Auburn Pool is \$5.00 for all ages for the year. Swim Lessons are \$30/session. Program fees vary.

See the Adapted Aquatic Programs section for more information Call the CRC Aquatic Division Office #357-POOL(7665) or Mt. Auburn Pool #381-6780 for details.

Over The Rhine Pool, 1715 Republic Street, located in Over the Rhine across from Findlay Market, is the least expensive way to get into shape and stay in shape year round in the City of Cincinnati. The cost is \$5.00 for everyone to come to the pool and enjoy the variety of programs offered; Learn To Swim Lessons, Fitness/ Lap Swim and Open Swim. Want to kayak? Learn kayaking skills in our indoor pool during fall, winter and spring. Whether you are young or old, if you come to the Hub Center and Pool, you will have a great time!

Over the Rhine Pool is \$5.00 for all ages. Swim lessons are \$30/session. Program fees vary.

Call the CRC Aquatic Division Office #357-POOL(7665) or Over the Rhine Pool #381-8666 for details.

Adapted Aquatics Programs

CRC's Aquatic Division strives for inclusiveness through **Adapted Aquatics Programs** that include social interaction for you or someone you know who has autism, C.P., arthritis or is rehabbing from any injury or a stroke or with any disability. Mt. Auburn year round warm water pool is the perfect pool for participating in our Adapted Aquatic Swim Programs, preparing for Special Olympics swim meets, improving flexibility or gaining swimming skills. Mt. Auburn pool is handicap accessible and offers trained staff for a variety of group and individual instruction. Mt. Auburn pool is also available for rentals by Occupational Therapists, Physical Therapists or for one on one therapeutic water work.

Mt. Auburn's warm water is also ideal for learn to swim lessons. The Cincinnati Recreation Commission offers American Red Cross Levels 1, 2, 3 and 4 swim lessons for ages 6 and older. For infants 6 months to preschoolers 5 years old, Mt. Auburn offers Parent and Child water familiarity classes. Adult lessons are also available.

Mt. Auburn Warm Water Year-Round Programs Include:

Adapted Aquatic Program	Tuesday (Fall, Winter, Spring) Saturday (Fall, Winter, Spring)	4:30pm-6:45pm 10:00am-12:15pm
Arthritis Movement Program (certified by the Arthritis Foundation)	n Tuesday Thursday Friday	3:00pm-4:00pm 2:00pm-3:00pm 1:00pm-2:00pm
Senior Movement and Exerc	cise Classes	Call for times

Learn to Swim Lesso	ns - American Red Cross	
Level 1 & 2	Monday & Wednesday	5:30pm-6:00pm
Parent and Child	Saturday	9:00am-10:00am

Parent and Child Saturday (ages 6 months to 5 years)

Levels 3 & 4 Monday & Wednesday 6:00pm-6:30pm Levels 1 & 2 Adults Monday & Wednesday 6:30pm-7:15pm

(additional swim lessons may be available, call 357-POOL or Mt. Auburn Pool at 381-6780 for details) *summer hours may vary from above, call for details.

Therapeutic Summer Day Camp Swim Program

College Hill, Madisonville and Ryan Pools.

For current fee information about Therapeutic Summer Day Camp Swim Programs call Terry #352-4015.

All Cincinnati Recreation Commission aquatic programs are available for participants with disabilities. If an individual requires assistance in order to successfully participate, an accommodation may be requested. Our CRC therapeutic Division's "Inclusion Team" will assist individuals with disabilities while participating in aquatic programs. The inclusion staff will:

- a.) Assist in identifying a Cincinnati Recreation Commission aquatic program that fits your needs and interests.
- b.) Assist in the process of registering and if necessary requesting an accommodation.
- c.) Assist pool staff and instructors in providing necessary accommodation and other supports for successful participation.

For inclusion information contact Terry at #352-4015.

Aquacize

CRC wants to help you improve your fitness level, decrease stress, build strength and muscle tone through fun aquatic fitness programs.

Before starting any workout program, please consult your physician.

Aquacize is an aerobic water workout, designed to get your heart pumping for a 45-60 minute class. Did you know that every gallon of water you move weighs 8.3lbs?! Stay cool and workout to music. Your first class is free, so come and try it!

<u>Aquacize</u>	45-60 minute classes Package of 10 classes Package of 20 classes	per class \$3.00 \$25.00 (that's \$2.50/class! \$45.00 (that's \$2.25/class!
Ryan	Monday-Thursday	5:30pm-6:30pm
Pleasant Ridge	Tuesday & Thursday	8:00am-9:00am (mornings)
North Fairmount	Tuesday & Thursday	5:30pm-6:30pm
* Mt.Washington	Tuesday & Thursday	9:30am-10:30am
Mt. Adams (Shallow Water Pool)	Monday-Thursday	6:00pm-7:00pm
Madisonville	Tuesday & Thursday	6:00pm-7:00pm
Krueck (Indoor Pool)	Monday-Friday Saturday	6:00pm-7:00pm (year-round) 9:00am-10:00am(year-round)
Dickman	Monday-Thursday	6:30pm-7:30pm
Bush	Monday-Thursday	5:30pm-6:30pm
Bond Hill	Monday & Wednesday	6:15pm-7:15pm

Aquacize passes can be purchased at any of the pools above.

^{*} Mt. Washington Aquacize program requires a \$15.00 Mt. Washington Center membership in addition to the Aquacize class fee.



Fitness Lap Swim

Fitness Lap Swim is a great chance to get in the pool and get in some distance swimming. Lap lane(s) are available, based on attendance, at most of our deep water pools during evening swim team practice and some locations during open swim times. Call your local CRC pool for availability.

Bush Pool	During Swim Team During Aquacize	M-F M-Th	4:30pm-5:30pm 5:30pm-6:30pm
Hartwell Pool	During Open Swim	M,W,F	5:30pm-7:00pm
*Krueck Indoor Pool	Schedule may vary seasonally Fitness Swim Time (1-2 lanes available during aqu Fitness Swim Time	M-F	5:30pm-7:00pm Summer 8:30pm-10:00pm Fall, Wtr, Spr
Lincoln (50 meter)	During Swim Team During Open Swim During Open Swim	M-F M-Sa T & Th	4:30pm-5:30pm 12:00pm-4:30pm 5:30pm-7:00pm
McKie Pool	During Swim Team During Open Swim	M-F T & Th	4:30pm-5:30pm 5:30pm-7:00pm
Mt. Washington Poo		M-Th F	5:00pm-6:00pm 4:30pm-5:30pm
Oakley Pool	During Open Swim During Swim Team During Open Swim	M & W M-F T & Th	6:00pm-7:30pm 4:30pm-5:30pm 5:30pm-7:00pm
*Over The Rhine Inde	oor Pool Schedule may vary s	easonallv. cal	I #381-8666
	During Swim Team	M-F	4:30pm-5:30pm Summer
	During Open Swim (days va	M-F ry seasonally	4:00pm-6:00pm) Fall, Wtr, Spr
Pleasant Ridge Pool	During Open Swim During Family Night	M-Th F	5:30pm-7:30pm 5:30pm-7:30pm
Ryan Pool	During Open Swim During Swim Team During Aquacize During Open Swim	M-Sa M-F M-Th. M & Th	12:00pm-4:30pm 4:30pm-5:30pm 5:30pm-6:30pm 5:30pm-7:00pm

Call your local CRC pool for times.

^{*} Year round pool



Discover S.C.U.B.A. 2006!

Discover SCUBA with SCUBA Unlimited's certified dive staff!
Gain self-confidence and experience the thrill of trying Self Contained
Underwater Breathing Apparatus under the guidance of a P.A.D.I. certified
instructor. Those age 12 and older can come to one of these Discover
S.C.U.B.A. sessions and receive an introduction to SCUBA. Adults, Parents and
families are encouraged to participate.

Parental permission slips are required and available at scheduled pools. Class size limited to 45. Groups must preregister with Steve at McKie, 681-8247.

Oakley	Tuesday	6/13/06	10:30am-12:30pm
South Fairmount	Tuesday	6/20/06	10:30am-12:30pm
McKie	Tuesday	6/27/06	10:30am-12:30pm
Bush	Tuesday	7/11/06	10:30am-12:30pm
Ryan	Tuesday	7/18/06	10:30am-12:30pm
Madisonville	Tuesday	7/25/06	10:30am-12:30pm
Dickman	Tuesday	8/01/06	10:30am-12:30pm

When possible in the Fall/Winter/Spring the Cincinnati Recreation Commission and SCUBA Unlimited, Inc. work together to instruct and certify teen divers. In this course, use your math skills to learn dive tables, experience the underwater world of marine life and become a P.A.D.I. certified diver. Join our teen dive club, gain lifetime skills and make new friends!

For more information or to register your group, call 357-POOL (7665) or Steve at McKie Adventure Programming Center 681-8247.

Aquatic Facility Rentals

Pool Rental Fees

Outdoor shallow water pool (3 hour minimum)

Outdoor deep water pool and Otto Armleder Shallow Pool
(3 hour minimum)

Indoor deep water pool (3 hour minimum)

\$45.00 /hour
\$80.00 /hour
\$45.00 /hour

Birthday/Celebration Party Pool Rentals

Are you looking for a fun facility for your summer family reunion or birthday party? Perhaps you're celebrating a special event like graduation or just want to have a different kind of party in the winter. Rent a CRC pool for your next event. Rentals include lifeguard staff and inflatable pool floats and pool foam noodles. Groups are permitted to bring food into pool areas during rentals.

Pool rentals are available outside of normal pool operating hours.

For further information call #357-POOL (7665) or schedule with the pool manager and pool supervisor at the pool of your choice.

NEIGHBORHOOD SPONSORS ARE NEEDED TO HELP EXTEND POOL HOURS TO INCLUDE EVENINGS AND/OR WEEKENDS AND PROVIDE FUNDING TO EXTEND OUR POOL SEASON.

For more information and to help call Jincey at 378-5949.

Celebrate the holiday on Tuesday, July 4th at these THREE Cincinnati Recreation Commission Swimming Pools!

1. Concourse Fountain 12:00 noon - 9:00 pm

601 East Mehring Way 352-3675 (Downtown)

2. Otto Armleder Aquatic Complex 12:00 noon - 4:00 pm

226 Stark Street 721-7521 (Over The Rhine)

3. Winton Place Zero-Depth Pool 12:30 pm - 4:30 pm

634 Hand Avenue 542-2768 (Winton Place)

*All other CRC Pools will be closed on July 4th.

^{*}Indoor pool long term pool rentals with more than 30 hours per calendar year receive a reduced rate of \$25.00/hour based on two staff.

^{*} CRC pool facilities are alcohol and drug free.

Cincinnati Recreation Commission



Guard Start Learn and Earn Program

*Note: This program will be held with incentives and without money for points for 2006. If sponsorship is obtained, money for points will be based on the funding available.

The American Red Cross **Guard Start** Lifeguarding Tomorrow program gives your child a jump start into Red Cross lifeguarding. This program will help your child, age 11-14, build a foundation of knowledge, attitudes and skills to become a future lifeguard. Your child will receive instruction in prevention, fitness, response, leadership, professionalism and swimming skill development. Your child will have the opportunity to earn incentive items like goggles, T-shirt, and a swimsuit through a structured program designed to encourage timeliness, trying hard and appropriate behavior. Depending upon grant funding received, she/he may earn up to \$50.00 as well.

This is a great 6 week program, from June 19 through July 27, at 26 of CRC's pools. To be eligible, a child must be able to swim across the width of the pool.

They must also be able to stand, put their face in the water and blow bubbles.

To register, a child can sign up at one of the pools below beginning Wednesday, June 14 at 12:00 noon. Additional registration is available during pool hours the remainder of the week. Parents aren't required at registration, but must complete the registration form by June 29 for their child to remain eligible. Ten to fifteen students per site are selected on a first come, first serve basis.

Oyler Pleasant Ridge

Rvan

Monday-Thursday 3 hours between 10:00am and 3:00pm (varies by pool) (includes 1/2 hour lunch break and free lunch)

Avon Krueck
Bond Hill Lincoln
Bush Madisonville
Camp Washington McKie

Camp WashingtonMcKieSouth FairmountDempseyMillvaleWashington ParkDickmanMt. WashingtonWest HighEvanstonNorth FairmountWinton HillsFilsonOakleyZiegler

Hartwell OTR

For more information, contact your pool or Holly at 357-POOL (7665).

Kayak Skills Development

The pool is a perfect place to learn the fundamentals of kayaking. It's also a great way for skilled paddlers to mentor a teenage kayaker. This class is for experienced or novice kayakers. Develop or perfect your moves. Learn about paddling safely, basic paddle strokes, wet exits, rolls and rodeo moves in these Monday or Wednesday evening classes. Whether you own a kayak or not, join the group for a lot of fun and some river trips. Class activities are listed.

Teen/Adult Kayak Class \$55.00 with kayak \$100.00 without kayak (an additional \$15.00 for McKie Center and \$5.00 for CRC Pool memberships required)

Mondays or Wednesdays June 12 to July 10 5:30pm to 9:00pm Adults

Mondays or Wednesdays July 17 to August 7 5:30pm to 9:00pm Teens

McKie Pool 1655 Chase Ave. in Northside (behind McKie Community Center)

class 1 McKie Pool

Injury prevention for paddlers, Basic paddle strokes, Wet exit, Intro to roll,

Intro to flat water rodeo moves

class 2 McKie Pool

Paddle stroke refinement, Core body use, Roll practice, Reading the water,

Intro to river rodeo moves

class 3 McKie Pool

Eddy turns, Ferrying, Squirt moves, Eskimo rescue

class 4 McKie Pool

Shalom gates, Roll practice

class 5* Little Miami River, Miamiville, OH

(*Date TBD) River Trip

class 6 McKie Pool

Paddle stroke refinement, Core body use, Roll practice, Reading the water,

Intro to river rodeo moves

class 7 McKie Pool

Eddy turns, Ferrying, Squirt moves, Eskimo rescue

class 8 McKie Pool

Eddy turns, Ferrying, Squirt moves, Eskimo rescue

class 9 McKie Pool

Shalom gates, Roll practice, Kayak polo, and more

Introduction to Basic Kayaking for Beginners (adults & seniors)

\$55.00 with or without kayak (\$5.00 CRC pool membership required)

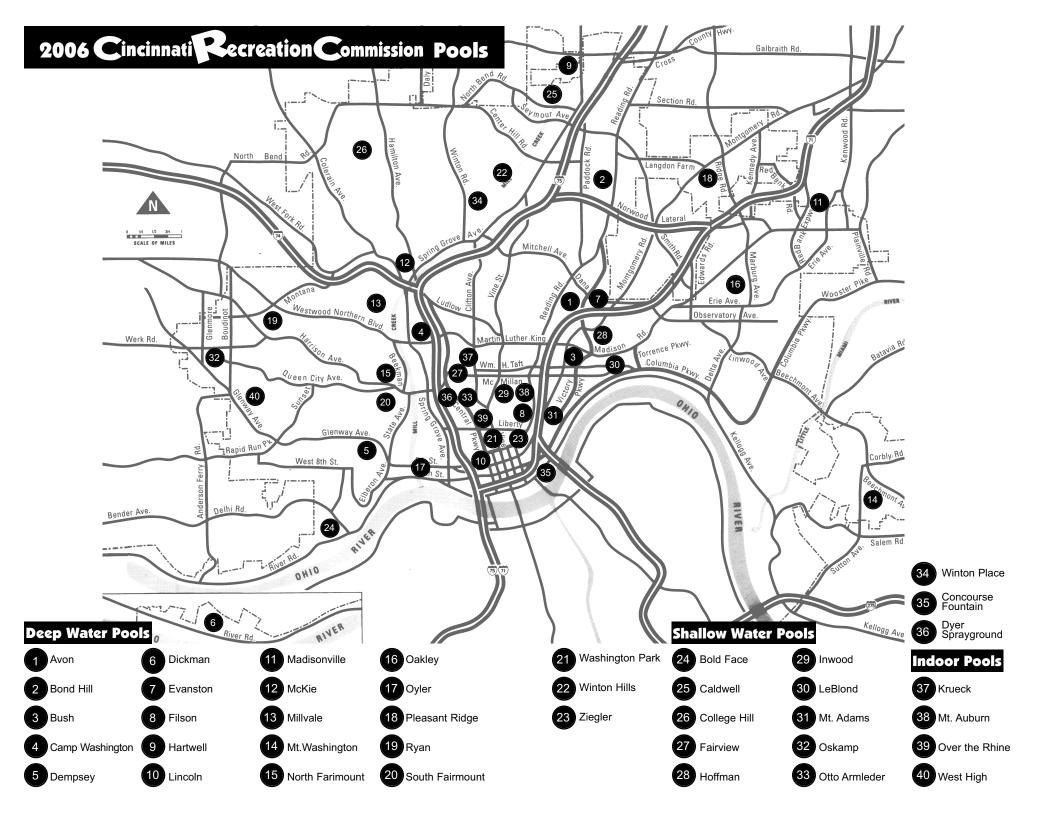
Thursdays June 15, June 22, July 13, 9:30am to 11:00am July 20, August 3 & August 10

class 1-5 McKie Pool 9:30am-11:00am

Basic instruction per above will be based on participants interest

class 6 Little Miami River, 9:00am-3:00pm

Miamiville, OH River Trip





Kroger Family Fun Pool Days

Thanks to the generosity of the Kroger Company, for the sixth year, Cincinnati Recreation Commission is able to host 23 Sunday pool parties with free snacks, soft drinks, music, pool floats and lots of dancing! These two to three pool parties change neighborhoods every weekend, providing Cincinnati's citizens with Sunday summer fun. Beat the heat, come to one or come to one each week, but be sure not to miss out on a great way to meet your neighbors and make new friends in different neighborhoods.

Sundays, June 11 - July 30, 2:00pm-6:00pm. 2006 Kroger Family Fun Pool Days Sunday Schedule:

6/11/06	Hartwell	Filson	
6/18/06	McKie	Evanston	Dempsey
6/24/06	(Saturday,12noon-6pm)	Washington Pk Co	mmunity Outreach Festival
6/25/06	Madisonville	Bush	S. Fairmount
7/02/06	Ziegler	North Fairmount	
7/09/06	Camp Washington	Pleasant Ridge	Lincoln
7/16/06	Oakley	Winton Hills	Oyler
7/23/06	Otto Armleder	Hoffman	Millvale
7/30/06	Bond Hill	Avon	Over-the-Rhine

Pool Name	Address	Zip	Pool phone	Neighborhood
Avon	870 Blair Ave.	45229	281-6720	Avondale
Bond Hill	1620 Yarmouth Ave.	45237	242-6897	Bond Hill
Bush	2640 Kemper Ln.	45206	751-5085	Walnut Hills
Camp Washington	1201 Stock St.	45225	681-1241	Camp Washington
Dempsey	956 Purcell Ave.	45205	921-6338	Price Hill
Evanston	3558 Evanston Ave.	45207	631-6929	Evanston
Filson	461 Ringgold St.	45210	721-1209	Mt. Auburn
Hartwell	8275 Vine St.	45216	821-2153	Hartwell
Hoffman	3059 Woodburn Ave.	45206	281-3360	Evanston / Walnut Hills
Lincoln	1027 Linn St.	45203	621-6783	West End
Madisonville	5312 Stewart Ave	45227	271-3301	Madisonville
McKie	1655 Chase Ave.	45223	681-7669	Northside
Millvale	3303 Beekman St.	45225	541-1707	Millvale
North Fairmount	1702 Denham St.	45225	921-5666	North Fairmount
Oakley	3900 Paxton	45209	631-4264	Oakley
Otto Armleder	226 Stark St.	45210	721-7521	Over The Rhine
Over The Rhine	1715 Republic St.	45210	381-8666	Over The Rhine
Oyler	2125 Staebler St.	45204	251-0475	Lower Price Hill
Pleasant Ridge	5915 Ridge Ave.	45213	531-1707	Pleasant Ridge
South Fairmount	1685 Queen City Ave.	45214	921-6262	South Fairmount
Washington Park	1315 Race Street	45210	721-5150	Over The Rhine
Winton Hills	5170 Winneste Ave.	45232	641-3688	Winton Hills
Ziegler	1311 Sycamore Ave.	45210	621-3650	Over The Rhine

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Lifeguard Training Courses (American Red Cross)

Each year the Cincinnati Recreation Commission recruits and trains 325 lifeguards to "Work the Water" at CRC public pools. CRC aquatic staff instructors hold free, swim stroke clinics in the evenings during Fall, Winter and Spring at Krueck Indoor Pool in Clifton. These clinics are designed for anyone age 14 and older who wishes to learn and refine their swimming skills in preparation for Lifeguard Training Courses. They are offered continuously in two week sessions and you can start anytime.

CRC instructs 11 Lifeguard Training Courses annually, March through November. Make a difference in neighborhoods, be a lifeguard! Learn to save lives and earn your certification in American Red Cross Lifeguard Training and First Aid as well as CPR for the Professional Rescuer. Participants must be at least 15 years of age. Adults are welcome. This training is free for those working the entire summer season for the Cincinnati Recreation Commission. The book fee is \$25.00. Lifeguard Training is also available to those not working with CRC for a fee of \$225.00.

Lifeguard Training Course prerequisite skills include, swimming 500 yards continuously using 200 yds. freestyle, 100 yds. breaststroke, and 200 yds freestyle and/or breaststroke. Also, swim 20 yards freestyle or breaststroke, surface dive, retrieve a 10 lb. brick from the pool bottom and swim 20 yards back to your starting position with both hands on the brick and your face above water. Register and screen your skills on the first day of any of the courses listed.

Courses remaining for 2006 include:

Spring

Krueck Indoor Pool	270 W. McMillan Avenue	
4/22/06 to 5/07/06	Sa & Su	10:00am – 5:00pm
Mercy Franciscan Health	<u>& Fitness</u> 3131 Queen City Avenue	
5/01/06 to 5/20/06	M,W	6:00pm – 9:00pm and
	Sat.	9:00am – 4:00pm
Krueck Indoor Pool	270 W. McMillan Avenue	
5/13/06 to 5/28/06	Sa & Su	10:00am – 5:00pm
Krueck Indoor Pool	270 W. McMillan Avenue	
5/15/06 to 5/26/06	M,T,W,Th,F	5:30pm – 9:00pm

Summer (Train this summer and you can still work the remainder of the season)

Krueck Indoor Pool	270 W. McMillan Avenue	
6/05/06 to 6/10/06	M,T,W,Th,F,Sa	9:00am - 4:00pm
West High Indoor Pool	2144 Ferguson Road	
6/07/06 to 7/26/06	W	8:00am - 12:00noon

End Summer / Fall (It's never too early to get trained and have a job for next summer)

Various CRC Pools	Bond Hill. Evanston, Lincoln, Mt.Washing	ton, North Fairmount. Pleasant Ridge, Ryan
7/24/06 to 8/4/06	M,T,W,H,F	9:00am - 12:00 noon
Krueck Indoor Pool	270 W. McMillan Avenue	
10/14/06 to 10/29/0	06 Sa & Su	10:00am - 5:00pm
Krueck Indoor Pool	270 W. McMillan Avenue	
11/04/06 to 11/19/06	Sa & Su	10:00am - 5:00pm

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For additional information call 357-POOL (7665). Equal Opportunity Employer

Learn To Swim Program

CRC's **Learn To Swim Program** is American Red Cross instruction designed to help swimmers of all ages begin, develop and refine their swimming skills. Red Cross Water Safety Instructors and Water Safety Aids teach a variety of swim strokes, personal safety skills and diving techniques. At more advanced levels, students refine skills and discover how to incorporate swimming into a lifetime fitness regimen. The American Red Cross **Learn To Swim Program** is the most comprehensive and effective program of its kind available anywhere! CRC's Red Cross **Learn To Swim Program** is progressive; you must satisfactorily demonstrate the skills of the previous level on the first day of class to gain admittance into the next level. On day one swimmers will be placed into levels based upon skill testing.

Private Lessons: 1/2 hour = \$15.00 / 4-lesson package = \$50.00

Group Lessons: 10-12 1/2 hour classes = \$10.00 or \$30.00

(see chart, next page for details)

Learn To Swim Program Session Dates are as follows unless otherwise noted:

Session Date 1 Monday, June 19 to Thursday, July 6 Session Date 2 Monday, July 10 to Thursday, July 27

Pleasant Ridge Pool Registration at Pleasant Ridge Center - 5915 Ridge Road

Thursday, June 8 6:30pm-8:30pm

West High Pool Registration at Dunham Arts Building - 1945 Dunham Way Sunday, June 4 4:00pm-7:00pm

For Registration at all other pools-visit or call the pool.

*Course fees will not be refunded for inclement weather or class cancellations.

Adults of all skill levels are welcome year round for lessons. Contact the pool.

Parents and Child Aquatics - ages 6 months-5 years old.

Builds swimming readiness while emphasizing fun. A great chance for children and parents to enjoy the water together! Parents are required to be in the water with their children.

Level 1- Introduction to Water Skills ages 5 and older

Orientation to water, basic safety rules, blowing bubbles and bobbing in chest deep water.

Level 2 -Fundamental Aquatic Skills

Expands on basic skills, gliding, rhythmic breathing, flutter kick, retrieving objects from pool bottom in chest deep water.

Level 3 -Stroke Development

Increases swimming skills, safety and non-swimming rescue skills, safe diving rules, life jackets and opening airways.

Level 4 -Stroke Improvement

Develops confidence and competency in strokes and safety skills, familiarity with CPR, perform rotary breathing, deep water bobbing and experimenting with buoyancy and floating positions.

Level 5 - Stroke Refinement

Provides further coordination and refinement of strokes, butterfly, front crawl, back crawl, breaststroke, elementary backstroke and sidestroke.

Level 6 -Swimming and Skill Proficiency

Develops maximum efficiency, power and endurance of strokes. Menu options: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, Fitness Swimming.

Learn to Swim Programs

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Lunch Program

Address

Pool

In case you forgot your lunch, need a lunch, or are just plain hungry in the middle of a hot summer day, the Cincinnati Public School Free Lunch Program is here to help. CRC provides free lunch sites across the city for youth ages 18 and under. There's no fee, no registration, simply arrive at any site 15 minutes before the scheduled time so a lunch can be ordered. CRC pools support this program and will close for 15 minutes to 1/2 hour as needed for children to enjoy lunch. Adult swims and/or day camp group swims for those who are not eating free lunch will be held during this time at pools with adult participants or groups.

Additional breakfast and lunch locations are available. Schedule is subject to change. For information call Cincinnati Public Schools Food Service at 369-4610. The CRC pool / center free lunch sites are:

Phone

Pool Type Neighborhood

Free Lunch Time

POOI	Address	Phone	rooi Type	Neignbornood Fr	ee Lunch Time
Avon	870 Blair Ave.	281-6720	deep	Avondale	2:30pm
Bold Face	3070 River Rd.	921-7043	shallow	Sedamsville	
Bond Hill	1620 Yarmouth Ave.	242-6897	deep	Bond Hill	2:45pm
Bush	2640 Kemper Ln.	751-5085	deep	Walnut Hills	12:45pm
Caldwell	316 North Bend Rd.	821-4473	shallow	Carthage	
Camp Washington	1201 Stock St.	681-1241	deep	Camp Washington	2:05pm
College Hill	5660 Belmont Ave.	541-4504	shallow	College Hill	
Concourse Ftn.	601 East Mehring Way	352-3675	shallow	Downtown	
Dempsey	956 Purcell Ave.	921-6338	deep	Price Hill	2:35pm
Dickman	6720 Home City Ave.	941-6270	deep	Sayler Park	2:30pm
Dyer Sprayground	2110 Freeman Ave.	241-1192	sprayground	West End	2:10pm
Evanston	3558 Evanston Ave.	631-6929	deep	Evanston	12:55pm
Fairview	2219 Ravine St.	421-4576	shallow	Clifton Heights	1:50pm
Filson	461 Ringgold St.	721-1209	deep	Mt. Auburn	2:50pm
Hartwell	8275 Vine St.	821-2153	deep	Hartwell	1:25pm
Hoffman	3059 Woodburn Ave.	281-3360	shallow	Evanston / Walnut Hills	·
Inwood	2322 Vine St.	241-5412	shallow	Mt Auburn / Clifton	12:40pm
Krueck	270 W.McMillan Ave.	861-2333	Indoor	Clifton Heights	
LeBlond	2335 Eastern Ave.	281-3717	shallow	East End	
Lincoln	1027 Linn St.	621-6783	deep	West End	2:20pm
Madisonville	5312 Stewart Ave.	271-3301	deep	Madisonville	1:45pm
McKie	1655 Chase Ave.	681-7669	deep	Northside	1:10pm
Millvale	3303 Beekman St.	541-1707	deep	Millvale	12:05pm
Mt. Adams	966 Mt. Adams Cir.	421-5073	shallow	Mt. Adams	11:55am
Mt Auburn	270 Southern Ave.	381-6780	Indoor	Mt. Auburn	
Mt. Washington	1715 Beacon St.	232-5621	deep	Mt. Washington	2:00pm
North Fairmount	1702 Denham St.	921-5666	deep	North Fairmount	1:25pm
Oakley	3900 Paxton Rd.	631-4264	deep	Oakley	1:20pm
Oskamp	5652 Glenway Ave.	922-1843	shallow	Western Hills	2:10pm
Otto Armleder	226 Stark St.	721-7521	shallow	Over The Rhine	2:30pm
Over The Rhine	1715 Republic St.	381-8666	Indoor	Over The Rhine	12:30pm
Oyler	2125 Staebler St.	251-0475	deep	Lower Price Hill	2:50pm
Pleasant Ridge	5915 Ridge Ave.	531-1707	deep	Pleasant Ridge	1:10pm
Ryan	3324 Meyer Place	661-3128	deep	Westwood	1:50pm
South Fairmount	1685 Queen City Ave.	921-6262	deep	South Fairmount	1:35pm
Washington Park	315 Race St.	721-5150	deep	Over The Rhine	2:00pm
West High	2144 Ferguson Rd.	363-8830	Indoor	Western Hills	
Winton Hills	5170 Winneste Ave.	641-3688	deep	Winton Hills	1:40pm
Winton Place	634 Hand Avenue	542-2768	shallow	Winton Place	1:50pm
Ziegler	1311 Sycamore Ave.	621-3650	deep	Over The Rhine	2:40pm

Open Swim Times

Visit your neighborhood pool or a pool across town during open swim and have fun! Swim, splash and socialize with neighbors and friends. Swimming is the second most common form of exercise. Open swims are for all ages. Children age 6 and under must be accompanied and actively supervised by a parent or adult guardian at all times. Use the 1 meter diving board at deep water pools, jump into the shallow water, swim laps, or just cool off during the CRC pools' open swim times. Several pools offer a lap swimming lane during open swims.

Remember, Concourse Fountain at the Riverfront and Dyer Sprayground on Freeman Ave are free and available 7 days a week.

Call the pool of your choice for days and time. Hours subject to change. *season extended*

Pool	Weekday Daytime Open Swim Times	Evening Open Swim Days and Times	Special Evening Swim Days and Times	Saturday Open Swim								
Avon	1:00pm-4:30pm			1:00pm-4:30pm								
Bold Face		W,F (closed T,Th,Sa)										
Bond Hill	1:00pm-4:30pm			1:00pm-4:30pm								
Bush	1:00pm-4:30pm	M-Th 5:30pm-6:30pm		1:00pm-4:30pm								
Caldwell	12:30pm-4:30pm											
Camp Washington	1:00pm-5:00pm	M,T,Th,F 6:00pm-7:00	pm	1:00pm-5:00pm								
College Hill	1:00pm-5:00pm			1:00pm-5:00pm								
Concourse Ftn.	12:00pm-6:00pm	W 6:00pm-9:00pm	*Saturday & Sunday	12:00pm-8:00pm								
Dempsey	12:00pm-4:30pm	Th 5:30pm-8:30pm		12:00pm-4:30pm								
Dickman	1:00pm-5:00pm	W Family Night 6:30pm-8:00pm	Fri. Family Night 6:00pm-8:00pm	1:00pm-5:00pm								
Dyer Sprayground	11:30pm-5:30pm	5:30pm-7:30pm	*Saturday & Sunday	11:30am-7:30pm								
Evanston	1:00pm-4:30pm	T,Th 5:30pm-7:30pm		1:00pm-4:30pm								
Fairview	12:30pm-4:30pm			12:30pm-4:30pm								
Filson	1:00pm-4:30pm	T,Th 5:30pm-7:30pm		1:00pm-4:30pm								
Hartwell	1:00pm-4:30pm	M,Tu,F 5:30pm-7:00pi	m	1:00pm-4:30pm								
Hoffman	12:30pm-4:30pm	T,Th 5:30pm-7:30pm										
Inwood	1:00pm-5:00pm-T,Th	,Sa (closed M,W,F)		1:00pm-5:00pm								
Krueck	12:30pm-4:30pm											
LeBlond	1:30pm-5:30pm											
Lincoln	12:00pm-4:30pm	T,Th 5:30pm-7:00pm		12:00pm-4:30pm								
Madisonville	1:00pm-5:00pm		Fri.Adult/FamilyNight 5:00pm-7:00pm	1:00pm-5:00pm								
McKie	12:00pm-4:30pm	T,Th 5:30pm-7:30pm		12:00pm-4:30pm								
Millvale	1:00pm-4:30pm	T 5:30pm-7:00pm		1:00pm-4:30pm								
Mt. Adams	1:00pm-5:00pm M-Th	M-Th 5:00pm-7:00pm	Fri. 4:00pm-6:00pm	*Saturday & Sunday 1:00pm-7:00pm								
Mt. Auburn	No open swim during	g summer.										
Mt. Washington	12:00pm-4:30pm	M,W 6:00pm-7:30pm		12:00pm-4:30pm								
North Fairmount	1:00pm-4:30pm	WAdult Night 5:30pm-7:30pm	Th Family Night 5:30pm-7:30pm	1:00pm-4:30pm								
Oakley	12:00pm-4:30pm	T,Th 5:30pm-7:00pm	·	12:00pm-4:30pm								
Oskamp	12:30pm-4:30pm											
Otto Armleder	12:30pm-5:30pm	M-F 5:30pm-6:30pm		12:30pm-6:30pm								
Over The Rhine	1:00pm-4:30pm											
Oyler	12:30pm-4:30pm	F 5:30pm-7:30pm		12:30pm-4:30pm								
Pleasant Ridge	12:00pm-4:30pm	M-Th 5:30pm-7:30pm	Fri. Adult / Family 5:30pm-7:30pm	12:00pm-4:30pm								
Ryan	12:00pm-4:30pm	M,Th 5:30pm-7:00pm	T,W 5:30pm-6:30pm	12:00pm-4:30pm								
South Fairmount	12:30pm-4:30pm		Tues. Community 5:30pm-7:30pm	12:30pm-4:30pm								
Washington Park	12:30pm-4:30pm	M-F 5:30pm-6:30pm		12:30pm-4:30pm								
West High	2:15pm-3:00pm-M,T W 3:00pm-4:30pm	u,Th,F										
Winton Hills	1:00pm-4:30pm			1:00pm-4:30pm								
Winton Place	12:30pm-5:00pm	T 5:30pm-7:30pm, F	5:00pm-7:30pm	12:30pm-5:00pm								
Ziegler	1:00pm-4:30pm	W,F 5:30pm-7:00pm		1:00pm-4:30pm								

Swim Teams/Instructional League

Children and teens ages 17 and under will improve their swimming skills, learn competitive swim strokes (freestyle, backstroke, breaststroke, and butterfly), as well as entries and turns by joining one of CRC's 26 offered swim teams.

Swim team participation is free with a pool membership. We ask that all youth are registered with a parent or guardian's permission. Get involved. Come out on Wednesday evenings and cheer on your favorite swimmer!

Did you know over 25% of our lifeguards swam on swim teams?

Summer instructional league swim meets are held each Wednesday June 21 - July 26. Most meets have 3-4 teams attending and are at 6:00pm. Rain-out & make-up meets will be held on Friday evenings. The city finals championship meet is 11am on Saturday, July 29th at the University of Cincinnati's new Campus Recreation Aquatic Center. Over 600 youth swim in our league. Make waves, join the team of your choice.

For additional information call 357-POOL (7665) or call the pool of your choice.

POOL	Phone	Type	Practice Times	Days o	f Week
Avon	281-6720	deep	4:30pm-5:30pm	M-F	
Bond Hill	242-6897	deep	4:30pm-5:30pm	M-F	
Bush	751-5085	deep	4:30pm-5:30pm	M-F	
Camp Washington	681-1241	deep	5:00pm-6:00pm	M-F	
Dempsey	921-6338	deep	4:30pm-5:30pm	M-F	
Dickman	941-6270	deep	11:00am-12:00pm	M-F	
Evanston	631-6929	deep	4:30pm-5:30pm	M-F	
Filson	721-1209	deep	4:30pm-5:30pm	M-F	
Hartwell	821-2153	deep	4:30pm-5:30pm	M-F	
Lincoln	621-6783	deep	4:30pm-5:30pm	M-F	
Madisonville	271-3301	deep	12:00pm-1:00pm	M-F	
McKie	681-7669	deep	4:30pm-5:30pm	M-F	
Millvale	541-1707	deep	4:30pm-5:30pm	M-F	
Mt. Washington	232-5621	deep	5:00pm-6:00pm	M-F	
North Fairmount	921-5666	deep	4:30pm-5:30pm	M-F	
Oakley	631-4264	deep	4:30pm-5:30pm	M-F	
Oyler	251-0475	deep	4:30pm-5:30pm	M-F	
Pleasant Ridge	531-1707	deep	4:30pm-5:30pm	M-F	
Ryan	661-3128	deep	4:30pm-5:30pm	M-F	
South Fairmount	921-6262	deep	4:30pm-5:30pm	M-F	
Washington Park	721-5150	deep	4:30pm-5:30pm	M-F	
Winton Hills	641-3688	deep	4:30pm-5:30pm	M-F	
Ziegler	621-3650	deep	4:30pm-5:30pm	M-F	
INDOOR					
Krueck	861-2333	Indoor	4:30pm-5:30pm	M-F	
Over The Rhine	381-8666	Indoor	4:30pm-5:30pm	M-F	
West High	363-8830	Indoor	3:00pm-3:45pm	M,T,Th,F	age 10 & older
J			3:45pm-4:45pm	M,T,Th,F	age 11-17
		_	1:00pm-3:00pm	W	all ages
			•		ū



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CRC City Wide Stingrays Team

Year round USA Swimming swim team instruction and fitness is available quarterly, for youth ages 17 and under, at Krueck Pool, 270 W. McMillan, in Clifton. Practices are Monday through Friday from 6:45pm to 8:30pm. Swimmers may attend as many practices as their schedule allows. We usually have 1-2 meets a month during fall and winter quarters. Swim for one quarter or all three, this program is offered fall, winter and spring. Cost \$125/qtr. or \$300/year. For program dates, call the Aquatic Division office at 357-POOL(7665) or call Krueck Pool at 861-2333.



Aquatic Division Sweep & Swim Program Earn your pool membership!

It's easy and you'll be helping your local pool!

There's two ways to earn your pool membership good for the season at all CRC pools:

For ages 7 and older:

Option 1. Arrange with the pool manager to help sweep glass, pick up litter from the pool and playground area, hose the pool deck, and weed the area for a total of **one hour** in the mornings before the pool opens and **earn your pool membership!**

Option 2. Arrange with the pool manager to work one **Wednesday** in June/July at any CRC swim meet from **5:30pm to 8:30pm** as a timer or a ribbon writer and **earn your pool membership!**

For ages 6 and younger:

Option 1. Their parent or guardian may work **one additional morning hour** of pool cleaning to earn an additional token for each child.

Option 2. Choose to work an additional swim meet.

S.O.S. Suit our Summer Program

With the help of many individuals the Aquatic Division staff annually collects **1,000 new and gently-used swimsuits** for those in need of a swimsuit in order to swim at CRC pools. You can dropoff or send swimsuits to:



Cincinnati Recreation Commission Aquatic Division

805 Central Ave. • Suite 800 Cincinnati, OH 45202

For additional information on either program please contact your local pool manager or call 357-POOL (7665).

Cincinnati Recreation Commission SWIMMING POOL RULES AND REGULATIONS 2006

The Cincinnati Recreation Commission has the responsibility to provide a clean, pleasant, and safe environment for public swimming. The following rules and regulations have been developed with that responsibility in mind. Situations may occur that require immediate corrective action. Lifeguards are expected to exercise their best judgment in those situations and have full authority to act in order to ensure the safety of swimmers. To help us, we ask that all pool patrons follow these rules.

The following rules pertain to the swimming pools, bath houses, wading pools, grass areas, entrance ways and pool decks of the Cincinnati Recreation Commission. Pool memberships are required for all patrons entering the facility, including infants and adults who are supervising children.

HEALTH CODE

Any person suspected of having an infectious or communicable disease or any person with an
obvious infectious wound, head lice (CRC has a no nit policy) or ringworm shall not be permitted
to use the pool. However, these persons may be granted entry upon verification of a written statement from a physician that the condition is not infectious.

Reason: Keep chance of spreading infectious disease to a minimum.

 Please don't swim when you have diarrhea. This is especially important for children in diapers.

Reason: Diarrhea can contain disease.

· Please don't swallow pool water.

Reason: Help protect yourself against Recreational Water Illnesses.

• Please wash your hands with soap and water after using the toilet or changing diapers.

Reason: Keep yourself and others from getting sick.

- Please take your children on bathroom breaks every 30 to 60 minutes.
 Reason: Reduces the chance of fecal contamination and reduces the amount of urine in the pool.
- Please change diapers in the restroom and not at poolside.
 Reason: Reduces germs on benches and pool area surfaces.
- Please wash your child thoroughly (especially the rear end) with soap and water before swimming.
 Reason: Reduces the amount of fecal matter in the pool.
- No person who is observed passing feces, urine or blood into a pool shall be permitted to use the pool, until the condition is controlled.

Reason: Body fluids may contain infectious pathogens and contaminate the water.

• Patrons are to shower before entering the water.

Reason: To reduce sweat and other body fluids in pool which affect the water chemistry

GENERAL FACILITY RULES

 Lifeguards are not babysitters. Children and their behavior are the responsibility of parents.

Reason: Lifequards are busy watching their zones of coverage.

Children 17 and under should be registered for membership by a parent or guardian.
 Reason: In case of emergency, information on minor children should be available. Parents should know where their children are.

Children 6 years and younger should be accompanied and actively supervised with touch
 supervision at all times in groups of three or less by a parent, legal guardian, or adult age 18
 or older. Parents with more than three children under age six may supervise all their children.
 Reason: Highest incidence of drowning occur in this age group.
 Adult supervision is mandatory.

Arrangements by established childcare providers can be made in advance to accommodate ratios
of one adult to 10 preschool children and one adult to 15 elementary age children.

Child care providers must actively supervise children.

Reason: Must be approved by Pool Supervisor or Pool Manager.

- Horseplay, rough or boisterous play, such as running, pushing, dunking or splashing, is not permitted.
 Reason: These are hazardous, a patron could be injured.
- Profanity, improper behavior, intoxication and use of illegal substances, drugs and weapons are not allowed.

Reason: It is unlawful to possess weapons, illegal substances and/or alcohol on CRC property.

 Sexual harassment or harassment of any kind of staff is not tolerated. If behavior occurs, patron(s) will be asked by the pool manager to discontinue the behavior. If the sexual harassment continues, patron(s) will be asked to leave the facility and grounds.

Reason: This type of behavior will not be tolerated.

 Food, drinks, gum, chewing tobacco, and smoking are not permitted inside the pool facility. Food and drinks may be allowed on sites with designated food areas.

Reason: Trash can cause problems with insects, ants and bees. Cigarette butts can burn feet. Gum and candy can be a choking hazard.

- All swimmers should wear proper swimwear. Underwear is not to be worn under swimsuits.
 Reason: Improper swim attire. Undergarments contain body fluids and detergent residue.
- T-shirts, cut-off shorts, shorts with zippers, baggie shorts that expose the buttocks, and thongs
 are not permitted. In case of severe sunburn, children should be out of the sun, not at the pool.
 Only specific, UV protective snug fitting shirts are permitted in the pool.

Reason: The loose fringe from shorts clog filter basket. Shorts with brads scrape the slide. Soap in clothing affects water chemistry residual. T-shirts worn for over-exposure to sun do not protect adequately and are a potential safety hazard.

 All incontinent swimmers (adults or children) must wear swim diapers / non biodegradable diapers made for swimming.

Reason: To help contain body fluids.

• Only adults supervising children are permitted inside pool area wearing street clothes, and should remain back near the fence, not up by the pool.

Reason: Pool area is for those actively participating in pool activities. Patrons are too tempted to push in bystanders.

 Glass objects, including beverages, are not permitted in pool facility (deck, entryway, office, or restrooms).

Reason: Glass can cause injury if broken.

• The City is not responsible for left, lost, or stolen articles.

Reason: Staff cannot take responsibility for watching patron's valuables left on the deck.

 Inappropriate display of affection is not permitted. This includes fondling, french kissing, and intercourse.

Reason: Improper public behavior.

• Patrons are not to visit with lifeguards or climb on guard chairs.

Reason: This distracts from lifeguard's primary responsibility of surveillance.

Personal space music (i.e., Walkman, MP3 players, headphones) is allowed on deck by patrons
only. Each site without a speaker system may have one sound system controlled by staff.
Music is not to include profanity, sexually explicit or racially offensive language.

Reason: Some patrons do not like loud music. Guards may not be able to hear someone yell for help.

Patrons may be in the office with staff personnel for emergencies <u>only</u>.
 Reason: Office is for CRC business.

Phone is for emergency and business use only. <u>No personal calls.</u>
 This applies to staff and to patrons.

Reason: Phone must be available at all times for an emergency, incoming as well as outgoing calls.

 Cell phones, video cameras and electronic devices are not permitted in restrooms or locker rooms.

Reason: Restrooms and locker rooms are private areas for changing and showering.

SWIMMING POOLS

Absolutely no diving into water of five feet or less in depth.
 Reason: Head injury or spinal injury could occur.

· No back dives or flips from the side of the pool.

Reason: Chance of injury is great.

• Ball playing, frisbee and football tossing are not permitted in the pool facility.

Reason: Patron can be hit by object resulting in injury.

- During open swim, nerf balls, beach balls and foam logs (noodles), are permitted during low attendance. Rubber rafts, tubes and other inflatable items are permitted at the discretion of the manager.
 Reason: During crowded conditions floats can interfere with swimmers, as well as the lifeguard's line of sight.
- · Kickboards are to be used only in lap areas or during lessons.

Reason: Can cause injury if used improperly.

· Swimmers using lap lanes must move continuously.

Reason: To avoid swimmers running into each other.

 Ladders are to be used only for entering or exiting the pool. Playing on ladders is not permitted.

Reason: High incident of accidents can occur here.

 Hanging on or swimming under safety lines is not permitted. Hanging on lane lines is not permitted.

Reason: Can be a false security for non-swimmers.

Spouting or spitting of water in pool or on deck is not permitted.
 Reason: Not a healthy practice.

 Life jackets (U.S. Coast Guard approved) may be used by non-swimmers and are restricted to the shallow end. Absolutely no water wings or foam bubbles allowed in large pool.
 Water wings or foam bubbles are permissible in the wading pool only.
 Reason: Water wings can deflate or slip off causing a dangerous situation for a non-swimmer.

Swim goggles are acceptable. Mask, fins, and snorkel are permitted only during organized swim class, discover scuba program or underwater hockey games.
 Reason: Masks can fill with water, or slip over mouth and nose causing a potentially dangerous situation. Snorkels can flood, causing choking.

During rest periods, only those 18 years and older are permitted to swim. Children under 6 years
are permitted at this time when one parent or adult accompanies each child. If there are no
adults, this could be teen time, or a water game time, or eliminated.

Reason: Allows younger swimmers a chance to rest and use the bathroom.

DIVING AREAS

• To be permitted to go off the board, patron must be able to swim to the side of pool without assistance.

Reason: All diving rules and regulations are for the safety of our patrons.

- One person on a diving board at a time (including steps of the ladder). The next person should wait on the deck until the person on the board goes off.
- Diving and jumping permitted in a forward direction from the end of the board only.
 Make sure area under board is clear.
- Leave the water by the nearest ladder immediately after dive.
- Free swimming is not permitted in diving area unless the board(s) are closed and the entire area is
 designated for open swim by the lifeguard with the manager's approval at non crowded times.
 During open swim, no diving from the side of pool.
- One bounce on board. This refers to a hurdle step and one bounce, not two.
- · Hanging on boards is not permitted.
- Inward dives and sit dives are not permitted.
- Children are not permitted to jump off the board to other patrons or staff.
- Swimming under or between boards is not permitted.

WADING POOLS

- Only children 6 years and younger with parent or adult age 18 and older are permitted.
 One adult may supervise up to a maximum of three children in the wading pool.
 Reason: Children under 6 have a high incident of water related accidents or injury.
- Parents and adults must actively supervise their children while in the wading pool area.
 Reason: Lifeguard does not have the ability to adequately watch numerous preschoolers at once.
 Lifeguards are not babysitters.
- Prior arrangements by established child care providers can accommodate ratios of one adult supervising up to 10 children.

Reason: Pool Supervisor or Pool Manager should approve this.

· Dives from deck are not permitted.

Reason: In shallow water, the possibility for injury is too great.

• Running is not permitted in the wading pool water or on the deck.

Reason: Falls and injury can occur on wet surface.

 Disposable swim diapers are recommended. Snug fitting plastic pants must cover cloth diapers. Regular disposable diapers absorb water and disintegrate and are not permitted in CRC pools.

Reason: To help contain body fluids and help keep disease from spreading.

- Climbing on or over wading and shallow pool dividing walls is not permitted.
 Reason: Falls are likely and depths of water are different.
- Adults supervising children are not permitted in the wading pool in their clothes.
 Reason: Residual laundry detergents upset the pool water chemistry.



Swim and have fun with your dog at select CRC Pools and help raise funds for the pools and SPCA!

\$10 minimum donation per dog / per location

- Friendly, well-socialized, non-aggressive dogs only
- (no pit-bull breeds permitted)
- · bags provided

Weds.Aug.2 4:30-7:30pm Dickman Pool

Fri.Aug.4 4:30-7:30pm College Hill Pool Caldwell Pool

Oskamp Pool

....

Sat.Aug.5 1:00-4:00pm Fairview Pool

Tues.Aug.8 4:30-7:30pm
Pleasant Ridge Pool
Oakley Pool
Hartwell Pool

Lincoln Pool

Weds.Aug.9 4:30-7:30pm Mt. Washington Pool

Wit. Washington Pool
Winton Place Pool
Mt. Adams Pool
Mckie Pool

for more information call 357-POOL (7665)

*Dates Subject to change if funds are recieved for pool season extension.



Water-Safety Presentation

Parents: Are your children safe around water?

Find out more at the American Red Cross

"Whale's Tales" Water-Safety Presentation

Concourse Fountain at Sawyer Point (downtown)

Daily: Monday-Friday 2:30 pm and Saturday & Sunday 2:30 pm

Neighborhood Pool-Watch Program

The Cincinnati Recreation Commission wants your help.

Save a Life... Help prevent drownings. Watch your pool. Call 911.

- Alert police if you see swimmers in a pool area after hours.
 Your phone call can make a difference and save a life.
- If you see fence cuts after hours at city pools, call the City of Cincinnati Customer Service number at 591-6000 to alert the Cincinnati Recreation Night Fence Crew.
- Watch your children.
 Never not even for a moment leave small children unsupervised near water.
- Swim when pools are open, with lifeguards on duty.
- Learn to swim, take Cincinnati Recreation Commission American Red Cross swim lessons at one of our 40 pools.

For more information, call CRC Aquatics Division at 357-POOL (7665)

